



A Nut Week for Hallowe'en



By VIRGINIA CARTER LEE

NUTS and Hallowe'en are synonymous and in the present week's menus a special Halloween supper is given, while many appetizing nut dishes are featured during the entire week.

The housekeeper who must figure on a limited household budget should know that the peanut, almond and Brazil nut are valuable for their protein and fat, and that a cupful of shelled peanuts and almonds contain respectively 777 and 1,035 heat units.

Chestnuts are richer in starches (they contain about 5.1 per cent of protein and about the same amount of fat) and may frequently take the place of potatoes, as in the menu for Saturday's dinner. Remember, however, to cook them well, for all starchy foods need cooking to render them digestible.

Chestnuts and peanuts cost less than any of the other varieties of nuts and should therefore be used more generally. The former, however, do not keep indefinitely and unless the family is a large one they should not be purchased in large quantities.

To prepare the fruit and nut whip, (an uncooked dessert) mash one banana through a ricer and add a few grains of salt, two tablespoonsful of powdered sugar, the juice of half a lemon and six pitted dates, finely chopped. Beat the white of one egg as stiffly as possible, add half a cup of chilled double cream, beaten solid, one tablespoonful each of chopped black walnuts and blanched almonds and gradually combine the two

mixtures. Fill two slender glasses lined with halved lady fingers.

The peanut and apple sandwiches are particularly good. Chop one peeled apple finely, add four chopped stuffed olives and three tablespoonsful of shelled peanuts run twice through the nut grinder. Moisten with a mayonnaise dressing and spread thickly on lettuce leaves laid between buttered slices of bread.

For the peanut, cheese and date salad chop the peanuts and pitted dates coarsely and mix with twice the amount of cream cheese. Season highly with paprika, moisten slightly with thick cream and press into a jelly glass. Chill, cut in slices, and serve on lettuce leaves sprinkled with shredded green peppers and dressed with lettuce dressing.

Supplies for the week will comprise at the butcher's half a pound of bacon at 48 cents a pound, two ounces of dried beef for 9 cents, one pound of calves liver for 40 cents, one and three-quarter pounds of pork chops at 40 cents a pound, one and a half pounds of lean veal at 45 cents a pound, and a slice of salt pork for 9 cents.

At the fish market one and a half pounds of halibut at 40 cents a pound, one and three-quarter pounds of pan-fish at 25 cents a pound, fifty oysters at a cent and a half apiece.

Dairy items will amount to \$1.21 for butter and oleo, \$1.24 for milk and cream, and \$1.75 for two dozen and a half eggs.

The following marketing prices are approximate:

Butcher's bill	\$2.19
Fish bill	1.78
Dairy bill	4.20
Fruits	1.70
Vegetables	2.45
Groceries (nuts)	5.68
Total	\$18.00



The Tribune Institute
At your Service



NUTS have acquired a bad name through the bad judgment of the nut eaters. They need to be thoroughly chewed, and rarely are. They are a full meal, a concentrated food, and are too often eaten as a side issue, when the digestive organs already have all they can handle.

For instance, half a cupful of chopped beef (3.5 ounces) would yield 144 heat units, 19.5 grams of protein and 7.3 grams of fat. Half a cup of chopped walnuts (2.75 ounces) would contain 543 calories, 13 grams of protein and 49 grams of fat, with 12.5 of starches that the meat does not have at all. For the almond the figures would run, for the same volume (2.3 ounces), 517 calories, almost four times as much as for the meat; 17 grams of protein, 44 grams of fat (six times the amount in the meat) and 14 grams of starches.

Plainly, the nuts, eaten casually for pleasure or dessert, are far ahead of meat as far as concentrated nutrition is concerned, and it is easy to be beguiled into eating too many.

The old belief that salt assists the digestion of nuts is scorned by some, but many believe it, and it may promote the flow of gastric juices. In any case, it adds to the flavor of any nut, with its oils and bland taste. Black walnuts or butternuts, with sliced oranges, lettuce and mayonnaise, is a dish for a king, and nourishing besides. With a soup and a dessert it makes a well balanced luncheon or supper.

As to prices. All nuts (shelled) have gone up from 4 cents a pound (for peanuts) to 25 cents a pound in the case of Brazil nuts, with almonds and pecans coming in between with a 15-cent raise and walnuts 10 cents in advance. The question of whether it is better to shell or not to shell at home was tried out by purchase, the nuts being shelled and weighed in the laboratory and the prices compared with those paid for the nuts as bought. It was found that the shelled nuts were the better buy in all cases except the Brazils, which cost 70 cents a pound when shelled at home and \$1.25 when bought shelled. The reason for this lies in the large number of imperfect nuts and a 10 per cent shrinkage.

Prices a pound on shelled and unshelled nuts, as obtained from a downtown specialty nut shop, were as follows (of course, you will pay more in confectioners' stores for extra large and selected nuts):

Walnuts, 45 cents a pound; shelled, \$1.10; Brazil nuts, 34 cents and \$1.25; pecans, 30 cents and \$1.15; peanuts, 23 and 43 cents; almonds, 36 and 70 cents; chestnuts, 35 cents, or three pounds for \$1; black walnuts, two pounds for 25 cents. These prices may vary as the season progresses.

A. L. P.

TESTED RECIPES

Cream of Peanut Soup

To make this delicious soup, one can use the peanut butter or purchase the roasted peanuts and pass them twice through the grinder, using the nut butter knife. Dilute half a pint of peanut butter with a little hot milk and then add gradually enough boiling milk to make one quart of liquid in all. Season with a bay leaf, salt, celery salt and paprika to taste and one tablespoonful of grated onion. Cook for six minutes in the upper part of a double boiler and thicken with a tablespoonful of cornstarch moistened with a little cold milk. Cook, stirring constantly, until smooth, strain through a fine sieve and serve at once with croutons. Be liberal with the paprika when seasoning.

Coffee Nut Ice Cream

Scald two cupsful of milk with one-third of a cupful of ground coffee, let stand for five minutes and strain. Turn the coffee and milk mixture into the upper part of the double boiler and add one tablespoonful of cornstarch blended with a little cold milk. Cook, stirring frequently until thickened, for ten minutes. Beat one egg lightly with three-quarters of a cupful of sugar and an eighth of a little of the hot, thickened liquid; then, finally, all of it. Return to the boiler and cook a moment to set the egg. Cool, add a teaspoonful of vanilla extract and half a pint of chilled double cream, whipped solid. Freeze slowly and when the cream begins to congeal add a cupful of chopped nut meats. Continue to freeze until firm and smooth. A mixture of chopped nuts is excellent, or walnuts can be used.

Peanut Panocha

Melt one tablespoonful of butter in a saucepan and add two cupsful of brown sugar, one-third of a teaspoonful of salt

and a third of a cupful of rich milk. Bring to the boiling point and cook to the soft ball stage (236 degrees). Remove from the stove, flavor with half a teaspoonful each of vanilla extract and lemon juice and stir in three-quarters of a cupful of chopped peanuts. If desired, a little shredded coconut may replace part of the nuts. Beat until creamy, turn into a buttered pan and when it has cooled slightly cut in squares with a sharp knife.

Chestnut Salad

Boil the chestnuts until tender (one pint), remove the shells and membranes and chop coarsely. Mix with half the quantity of crisped diced celery and add for each pint of the combined ingredients one generous tablespoonful of shredded pimientos and one tart apple, cut in small cubes. Sprinkle lightly with salt and moisten with a mayonnaise dressing. Serve in lettuce cups and sprinkle with finely minced dates.

Chestnut Dressing

This is especially good in making the veal birds for Sunday's dinner. Use a pint of large chestnuts and cut a half inch slit in the side of each. Place in a pan, add a tablespoonful of vegetable oil and stir or shake in the oven for four or five minutes. Next insert the point of a small knife in the slit and remove shell and skin together. Place the nuts in a seasoned stock to cover and boil until soft and the liquid is almost absorbed. Mash a few at a time through a potato ricer and season with a tablespoonful of butter, a teaspoonful (sauté) of salt and a quarter of a teaspoonful of paprika and poultry seasoning. For a cupful of the nut pulp, add a tablespoonful of grated bread crumbs and a teaspoonful of chopped parsley. This dressing is also delicious with poultry, and it is especially good, if the chicken or turkey is served cold, made into little flat cakes and fried crisp and brown in hot bacon fat.

Monday

BREAKFAST

Baked Apples
Broiled Bacon
Nut Polenta
Coffee

LUNCHEON

Vegetable Chowder
Brown Bread
Nut Salad
Cheese Straws

DINNER

Tomato Soup
Broiled Halibut
Riced Potatoes
Spinach
Nut and Fruit Whip

Tuesday

BREAKFAST

Cooked Cereal with Dates
Fish Cakes
Watercress
Coffee

LUNCHEON

Chestnut Salad
Olives
Rolls
Ginger Ale
Canned Peach Betty

DINNER

Cream of Celery Soup
Brown Mushroom Omelet
Glazed Sweet Potatoes
Vegetable Salad
Coffee Nut Ice Cream

Wednesday

BREAKFAST

Seckel Pears
Fricassee of Chipped Beef
Corn Bread
Coffee

LUNCHEON

Peanut and Apple Sandwiches
Cocoa
Rice Custard

DINNER

Chestnut Soup
Fried Pan Fish
Escalloped Potatoes
Stewed Tomatoes
Deep Apple Tart

Thursday

BREAKFAST

Sliced Oranges and Bananas
Dry Cereal
French Toast
Maple Syrup
Coffee

LUNCHEON

Hot Nut Loaf
Tomato Sauce
Relish
Stewed Apples

DINNER

Bouillon in Cups
Broiled Beef Liver With Onions and Bacon
Candied Sweet Potatoes
Peach Whip
Almond Cakes

Friday (Halloween)

BREAKFAST

California Grapes
Browned Vegetable Cutlets
Nut Gems
Coffee

LUNCHEON

Shredded Eggs With Cheese
Thin Bread and Butter
Stewed Fruit
Nut Cake

SUPPER

Hot Escalloped Oysters
Celery
Olives
Nut Bread Sandwiches
Cider Punch
Peanut Panocha

Saturday

BREAKFAST

Preserved Apples
Scrambled Eggs With Parsley
Fried Hominy
Coffee

LUNCHEON

Cream of Peanut Soup
Crab Cakes
Apple Soufflé
Date Sandwiches

DINNER

Pork Chops with Fried Apples
Chestnut Purée Cakes
Carrots and Peas
Fruit Jelly

Sunday

BREAKFAST

Halved Grape Fruit
Dry Cereal
Waffles
Cinnamon and Sugar
Coffee

LUNCHEON OR SUPPER

Peanut, Cheese and Date Salad
Brown Bread Sandwiches
Coffee
Baked Apples

DINNER

Vegetable Soup
Veal Birds with Chestnut Dressing
Mashed Potatoes
Brussels Sprouts
Peach Ice Cream
Peanut Macaroons



Who's Who in Cookieland

By JEANNETTE YOUNG NORTON

ON BAKING DAY long ago our grandmothers felt they had reached the height of rivalry when they took time to make doughnut boys for the children. What would they think of those same doughnut-boy-loving children, now grown to full estate, cutting cookies from paper patterns or their own children? Yet this is the latest fad in culinary circles. And Who's Who in Cookieland is well worth studying.

The doughnut boys were dear to us, though they often hurt our sense of proportion, for the hot fat made many grotesque shapes from which we had to "bite off" many imperfections before they looked the normal dais grandmother intended them to be.

Cut-to-Measure Dough-Folks

It is quite different with the cut-to-measure doughfolks of to-day. The dough is rolled rather thin, the paper pattern is laid on and held in place by a thumb tack, then a left hand with a sharp pastry wheel does the rest. Raisins, dates, dried cherries, currants, nuts and sweet seeds make acceptable eyes and their features, while the different colored frostings are used to trim and decorate garments according to fancy. The making of animals, birds and fish, as well as people,ingles out baking day as the banner day of the week, a real adventure in creation.

The familiar and vigorous figure hat, stick in hand, is always chasing imaginary dirt, is a cookie favorite, and is laughably true to type. Mother Goose characters, Kate Greenaway figures, brownies, kewpies and all the rest of them figure in her creative process.

An Advertising Party

One woman who came under the ascination of baking day, but felt too staid and old to play with the children's cookies, thought on the matter and developed an advertis-

ing party for grown-ups, and she had a lovely baking day, copying well known ad figures in dough, and in the evening she offered prizes to her guests who could recognize and call the figures by name.

The patterns are best cut from heavy writing paper, and the glass thumb tacks are the best to fasten the patterns to the dough while using the cutting wheel.

New England Cookie Dough.—Beat one scant cup of butter to a cream and add two cups of sugar, beating until perfectly blended with the butter. Add two eggs that have been beaten light without separating, then mix with a half cup of sweet milk. Use two teaspoonsful of vanilla or orange water flavoring to the mixture. Sift in one cup of flour with three level teaspoonsful of baking powder and beat very smooth. Add slowly enough flour to firm the dough for rolling, as little as possible. Roll out thin on a floured board, lay on the patterns, pin them, cut with a pastry wheel. Bake in a moderate oven on a buttered drip-pan.

Ginger Cookie Dough.—Mix the cup of butter and one cup of sugar together, add one cup of molasses in which a teaspoonful of ground ginger has been mixed. Add a beaten egg and a gill of cream. Sift in two cups of flour and one level teaspoonful of baking powder. Beat thoroughly, and then add enough flour to roll. Roll on floured board, cut and bake in a greased pan in a brisk oven.

Spiced Cookie Dough.—Make the dough for the spiced cookies the same as for New England cookies, adding a teaspoonful of mixed ground spices, cloves, cinnamon, allspice and ginger. Add also one tablespoonful of grated sweet chocolate. Mix these ingredients thoroughly with the butter and sugar before adding the flour. When the cookies are in the pan sprinkle them lightly with a little granulated sugar before baking. When cold store in tin boxes, a sheet of wax paper being placed between the layers. This insures their keeping fresh and crisp and remaining unbroken until eaten.

Tested and Endorsed by The Tribune Institute

(In the Institute files are records on a dozen washing machines—how they work, what they cost, where you can buy them and the special claims of each. We can not say that any one washer is the best. What is best for you, your needs, your space and pocketbook may not suit your neighbor. But we can give you the facts, without fear or favor, so that you can make your selection intelligently. And what is true of washing machines is equally true of all other household equipment, whether it be stoves or refrigerators, vacuum cleaners or dishwashers.)

ALL women like a white kitchen. The BlueBird Washing Machine is the only one of the species that we have met that is enclosed; the white finish of the metal case that completely encloses the tub and motor is very attractive and easy to keep clean. It may be had finished in gray also.

When the washing is done an enameled top may be put on and the wringer removed, furnishing an attractive working table for the rest of the week. The height is 34.5 inches, exactly what it should be for health and convenience.

Inside the case we find a sheet copper tub of the oscillating or cradle type, tin lined, with the bottom in the shape of a pyramid of steps. This construction forces the water into the shape of a figure eight and produces the cleansing effect of scrubbing without friction and wear on the clothes.

The BlueBird Performs

The tub hangs in an iron frame of bridgelike construction, firmly riveted to angle irons, to do away with vibration. It is 26 by 16 inches and 12 to 18 inches deep. The capacity is eight sheets, or twenty-five shirts, and the water, soap solution and clothes should not come above the groove for the best results and to prevent splashing. Twelve gallons of water and one-half cake of soap, in solution of two quarts of water, were used.

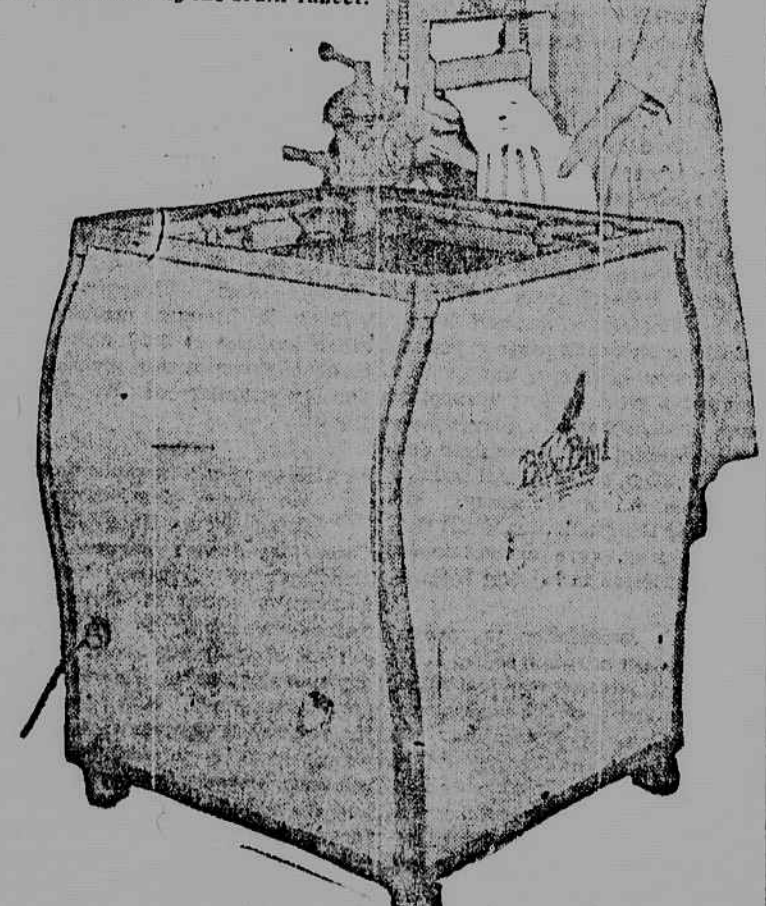
In the laboratory sixty-six oscillations a minute were recorded and the clothes were washed in 15 minutes. The wash was the equivalent of eight sheets, with average soil-

The Laundress Who Lives in a Case

Excellent results were obtained with this amount of soap, though a cake and a half is recommended. This usage varies with the condition of the clothes, but a thick heavy suds was obtained with this amount of soap. The water remains hot because of the copper tub, and three charges at least could be handled in one water.

The wringer is of the newest type. It may be thrown into three positions, so that the clothes may be wrung from the tub into the rinse water and then to the blasing without changing the position of the tub. A safety release makes it practically impossible to catch the

The BlueBird Washing Machine, showing its characteristic case, plug connection, drain and side door for reaching the drain faucet.



the plug inserted in the lower left-hand corner of the front panel of the case. Care must be taken to make a perfect connection. Opposite the plug is the drain lip, high enough from the floor (10 inches) to permit a three-gallon pail being placed underneath it. To drain the tub, lock it in a level position and open the faucet, reached through the small door shown at the right of the drain on the side. The drainage is slow, but conveniently accomplished, and may be hastened by flushing. Also, if the clothes are put in in proper sequence, the cleanest first, three charges can be handled without changing the water, adding more soap if needed.

In this connection an appliance known as the Pembrey Household Water Pressure Ejector (price, \$1.50) is an addition to any washer, as it will pipe water from faucet to tub and empty fifteen gallons of water in six minutes directly into the sink. Getting rid of water carrying at both ends of the washing operation is a great boon.

The motor is in the lower part of the case and is not readily accessible, owing to the special case construction, but the oil cups need filling with a light vaseline oil twice a year, and between times it is much better not to meddle with it.

Cost of Operation

The cost of operation, based on a 10-cent rate for electricity, is 1.5 cents an hour for motor alone; with the tub in motion the cost is 2 cents an hour; with the wringer also the cost is 2.25 cents an hour. Since the New York rate is 7 cents, and one charge is handled in 15 minutes, the week's washing and wringing for a family of four would probably average 2 cents, with constant work and care in turning off the power when it is not in use.

Even satin, lace trimmed lingerie can be confided to the BlueBird Washer with happy results. The Institute tried it out. There is no possibility of tangling or tearing the garments.

BlueBird Electric Washer. Price, \$150.
Made by the BlueBird Appliance Company, St. Louis, Mo.

Cider Recipes, Solid and Liquid

By MARGARET HAMELIN

SWEET CIDER is a particularly valuable ingredient in cooking, giving a delicious flavor to many dishes, while "punches" and "cups" to which it is added have a zest rarely obtained without the use of wines or liquors.

In the following tested recipes are suggestions for its use which may prove helpful to the hostess who expects to entertain on Hallowe'en.

Cider Nut Cake

Cream together half a cupful of butter and one and a half cupful of sugar; then add three-quarters of a cupful of sweet cider. Sift together two and a quarter cupsful of flour, one-quarter of a teaspoonful of salt and four level teaspoonsful of baking powder. Combine the two mixtures and beat in the stiffly whipped whites of four eggs and one cupful of walnut meats broken in small pieces. Bake about thirty-five minutes on a sheet.

Divinity Cider Frosting

Boil together two cupsful of brown sugar, half a cupful each of corn syrup and sweet cider to about 236 degrees, or the soft ball stage. (Do not stir while cooking.) Pour on the whites of two eggs whipped very stiff and return to the fire to cook over hot water until the mixture sugars slightly on the edge. Remove from the fire and add quickly four cooked figs cut in slices, one cupful of pecan meats, sprinkled with a quarter of a teaspoonful of salt, and one teaspoonful of vanilla extract. Beat well and spread on the cake.

Cider Frappé

Dissolve one cupful of sugar in a quart of sweet cider and add the strained juice of three oranges and one lemon. Turn into a chilled freezer and freeze slowly. When the mixture begins to congeal mix in the stiffly whipped whites of two eggs. Continue to freeze until firm and smooth.

Hot Cider Sauce

Melt two tablespoonsful of bacon fat, blend in two tablespoonsful of

cupful and a half of sweet cider. Stir constantly until it thickens and boils and add an eighth of a teaspoonful each of salt and mustard, one-quarter of a teaspoonful of paprika and a tablespoonful of Worcestershire sauce. Cook over boiling water for ten minutes and serve. This tastes very much like champagne sauce and is very good with roast pork or ham.

Cider Punch

Slice into a large mixing bowl three lemons and cut the slices very thin. Add a cupful and a half of sugar, half a cupful of cold tea and half a cupful of shredded pineapple. Let stand on the ice for two or three hours to ripen and, when ready to serve, add two sliced oranges, two quarts of sweet cider and a pint of carbonated water. Pour slowly over a block of ice placed in the punch bowl and serve when chilled.

Apple and Cider Jam

Select apples of tart flavor, pare, quarter and core the fruit. Weigh the apples and allow three-quarters of a pound of sugar to each pound of fruit. Add sweet cider to the apple parings to well cover and let boil for twenty minutes; then drain the liquid over the apples, let cool until the apples are soft and strain through a sieve. Add the sugar and for each quart of the apple pulp the grated rind and juice of one lemon and a broken stick of cinnamon. Let cook until thick and clear and store as for jelly.

Cider Cup

Make a syrup by boiling one quart of sweet cider with three cupsful of sugar; two broken sticks of cinnamon and eight cloves for ten minutes. Strain, cool and add the juice of three lemons and three thinly sliced oranges. Chill on the ice and when ready to serve add a quart of chilled grape juice, two quarts of sweet cider, a large bouquet of fresh mint and a quart of carbonated water. Pour over a large block of ice placed in a punch bowl. This amount will serve twenty-five persons.